



Physical Activity- School Age



Take Action

- Encourage/support physical activity and fitness education in the afterschool setting.

Facts

- Children who participate in afterschool programs have a lower percentage of being obese compared to children who do not participate in afterschool programs. *Afterschool Alliance 2008*
- Afterschool programs that include activities which result in children using their muscles, raising their heart and breathing rates, and using a full range of motion at the joints, can contribute to children's overall fitness and wellness. *Links to Learning Curriculum Guide- NIOST*
- School age programs are just about the only places where all children can participate in sports and games on a daily basis for fun and fitness. *Massachusetts School Age Coalition 2000*

Fitness and Nutrition Concepts in Afterschool:

- Move More
 - Opportunities that optimize physical movement and physically active lifestyles.
- Think Healthy
 - Able to learn how to make healthy and informed decisions about exercise and diet
- Eat Smart
 - Access to nutritious healthy foods and eating well as a result of education and personal example

Why Include Fitness and Nutrition in Afterschool Programs?

- Heart and Breathing Endurance
- Muscular Strength and Endurance
- Flexibility

National Quality Standards for Afterschool Programs (National Afterschool Association - NAA)

- Opportunity to play outdoors for at least 30 minutes out of every three hour block of time in a program.
- Indoor space available for large motor activities when the weather is bad.
- Offer a variety of outdoor equipment and games for both active and quiet play.
- Children meet their physical needs in a relaxed way.
- Regular opportunities for active and physical play daily.
- Outdoor space is suitable for a wide variety of activities.

